


1-15-1900

The Vegetarian Magazine January 1900

The Vegetarian Magazine

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BATTLE CREEK, MICH.

Mention the Vegetarian.

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The Vegetarian Magazine

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Vol. IV. Number 4.

January 15, 1900

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POPE ◊ SWEDENBORG ◊ VOLTAIRE ◊ FRANKLIN ◊ WESLEY

An Illustrated Magazine of Better Living—An Authority on Foods, their Selection and Preparation
Discountenances the Use of Flesh, Fish and Fowl for Food—Upholds the Right to Life for the Whole
Sentient World—Advocates Justice, Humanitarianism, Purity, Hygiene, Temperance—Stands for
a Stronger Body, a Healthier Mentality, a Higher Morality—Literature of the XXth Century Home
Published Monthly by The Vegetarian Company—Chicago—\$1.00 the Year—Ten Cents the Copy

LINNAEVS ◊ GRAHAM ◊ SHELLEY ◊ TOLSTOI ◊ OSCAR II

Of Interest to the Housewife.

MENU.

Puree of Tomato Soup.
Walnut Roast, tomato dressing.
Baked Sweet Potatoes.
Mashed Turnips. Creamed Onions.
Celery Salad. Graham Wafers.
Granose Pie.
Nuts. Raisins. Cereal Coffee.

GRAHAM WAFERS.

Make a dough with graham flour and water, then knead on a board ten or fifteen minutes; roll very thin and bake quickly.

BAKED SWEET POTATOES.

Select nice potatoes of uniform size, wash clean, wipe dry and bake in a moderately hot oven about one hour, or until the largest will yield to gentle pressure between the fingers.

MASHED TURNIPS.

Peel and cut up the turnips, and boil until tender; drain; add hot milk or cream, a lump of butter, and seasoning to taste.

CELERY SALAD.

Wash and cut up two bunches of celery, put in a salad bowl, sprinkle with salt, pour over mayonnaise dressing to cover, and serve very cold.

CREAMED ONIONS.

Select rather small onions of uniform size and pour boiling water over them to remove the skins. Cook very slowly in boiling salted water, changing the water at least three times. When very tender, but before they begin to break, drain off the water and add sufficient sweet cream or rich milk to cover them. Stew gently a few moments longer, then season to taste. If cream is used for the gravy very little butter will be needed. Let them boil only a few moments after the seasoning is added lest the cream curdle.

GRANOSE APPLE PIE.

You will never know how nice it is until you try it. On each individual pie plate put a few crisp granose flakes. Dip carefully over them some stewed apples, sweetened as for sauce, and sprinkle flakes lightly over the top. Serve at once.

Whortleberries, cranberries, prunes, peaches or any other stewed fruit may be used in place of the apples, or, a cooked cream or lemon filling, for "granose lemon" or "cream" pies.

A Week's Diet Table.

MONDAY.

Breakfast.—Porridge, quaker oats; poached eggs on toast; potted haricots, toast, marmalade.

Light lunch or supper.—Potato soup; lentil sandwiches; cheese salad.

Dinner.—Tomato soup; savoury baron, French beans, mashed potatoes; French pancakes, tapioca pudding.

TUESDAY.

Breakfast.—Maize mush with syrup; vegetable sausages on toast, brown bread, honey, watercress.

Lunch.—Curried eggs, boiled rice; boiled ginger pudding, stewed damsons; cheese straws, biscuits and butter.

Dinner.—Vegetable soup; vegetable marrow pie, potatoes, lentil savoury; chocolate pudding, prune mould; cream cheese, biscuits.

WEDNESDAY.

Breakfast.—Wheatmeal porridge; celery omelet, boiled eggs; toast, jam, fresh tomatoes.

Luncheon.—Potatoes, rissoles; Melton Mowbray pie; macaroni pudding, biscuits, cheese.

Dinner.—Celery soup; baked savoury haricots, cabbage and potatoes; plum pudding, sweet sauce, stewed plums; cheese, biscuits, fresh fruit.

THURSDAY.

Breakfast.—Oatmeal porridge; fried mushrooms; toast marmalade.

Luncheon.—Haricot beans and tomatoes; sweet omelet; fresh fruit.

Dinner.—Lentil soup; choux fleur au gratin, baked potatoes; blanc mange and stewed fruit; cheese, etc.

FRIDAY.

Breakfast.—Provost oats porridge; savoury omelet, lettuce, brown and white bread; wholemeal scones.

Luncheon.—Stewed Spanish onions; fried turnips, cheese, cucumber.

Dinner.—Chestnut soup; curried lentils, onion sauce, potatoes; banana fritters, rice pudding, nuts.

SATURDAY.

Breakfast.—Rolled oats porridge, sugar; Vienna rolls, honeycomb eggs, honey, cress.

Luncheon.—Vegetable croquettes, savoury haricots on toast, boiled maize pudding, cheese straws.

Dinner.—Dried pea soup, macaroni au gratin, fried leeks, potatoes a la princess, cocoanut pudding, rice fritters, cheese, etc.

SUNDAY.

Breakfast.—Fruментy, stewed raisins, potted lentils and eggs, toast, fresh fruit, celery.

Dinner.—Barley soup, raised mushroom pie, boiled marrow and white sauce, apple pie, ground rice mould, stewed pears, cheese, etc.

Supper.—Savoury (agar agar) jelly, egg salad, milk pudding, sweet jelly, baked apples, cheese, etc.—London Vegetarian.

Tomato Bouillon.

To a cup of hot water add one teaspoonful of Wahl's Bouillon-Stock and one teaspoonful of tomato catsup. Stir well.

The Water We Drink.

The relation between the geology of the sources of water supply and disease is now commanding serious attention, says the Syracuse Clinic. Let us know the water you drink, and the progressive physician will tell you the diseases you

are afflicted with, or are the most liable to have.

For many years scientists have spread the knowledge of the grave danger from organic sources lurking in our water supply. These arise mainly from sewerage contamination, and cause fevers of various forms and severities.

It is, however, of more recent date that scientific physicians have awakened to the fact that the continued ingestion of quantities of water containing soda, potash, magnesia and lime in solution are the means of producing indigestion, inflammation of both bladder and kidneys, calculi of the bladder, thickening of the periosteum around joints, together with rheumatism and gout.

The remedy naturally suggested is to avoid all "hard" waters. The easiest and cheapest way out of this dilemma is to use water which has been distilled and aerated. This is the only water available to every family throughout the country known to be absolutely pure.

Get Close to Nature...

That is the essence of Vegetarianism.

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PURELY VEGETABLE.

An extract of protoplasm, hence the essence of food for both the animal and the vegetable body.

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Consists mainly of albumen and its derivatives, as peptones, albumoses and proteids. The most perfect tissue-builder, and equivalent to predigested food, ready for assimilation by the weakest system.

Also contains valuable potash salts.

PURELY VEGETABLE.

No compound, but the original substance found in nature, extracted and refined.

Will make it easier for beginners to change from flesh to vegetable diet.

Write for FREE SAMPLE, descriptive booklet and recipes for making bouillons, soups, gravies, dressings, stews, etc.

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